



SAFETY TALK

MEN'S MENTAL HEALTH

Men's mental health in Canada is a pressing issue, with significant challenges including high rates of depression, anxiety, and suicide, compounded by societal stigma and a lack of support. Men's Mental Health Month, observed in June, aims to raise awareness and encourage men to prioritize their mental health. This initiative promotes open dialogue and provides resources to help men seek support.

Current Statistics and Findings:

Recent research from the Canadian Men's Health Foundation indicates a significant decline in men's mental health. Key findings from a 2025 study show that many Canadian men are struggling with high levels of stress and depression, with half lacking sufficient social support. Alarming, most men do not seek professional mental health services.

MEN'S MENTAL HEALTH AWARENESS MONTH



CHALLENGES FACED BY MEN

- **Stigma:** Societal expectations discourage men from expressing vulnerability, making it difficult for them to seek help.
- **Lack of Awareness:** Many men may not recognize the signs of mental health issues or know where to find help.
- **Limited Access to Male Therapists:** Some men prefer male therapists but find them less available.



Source: mentell.ca, www.healthcouncilcanada, menshealthfoundation.ca

Safety is everyone's responsibility!

DATE: June 1 2026 _____
FACILITY: _____

SAFETY TALK LEAD BY: _____
DEPARTMENT: _____

DISCUSSION QUESTIONS:

QUESTION 1– WHERE COULD YOU GO AS A HPEI EMPLOYEE LOOKING FOR MENTAL HEALTH SUPPORT?

QUESTION 2– WHAT ARE SOME REASONS MEN MAY NOT SEEK HELP?

QUESTION 3

EMPLOYEE CONCERNS & IDEAS FOR IMPROVEMENT:

EMPLOYEES PRESENT:

FOLLOW UP ON CONCERNS:

If you have any feedback on the Safety Talks program or a suggestion for a Safety Talk, please contact a member of the Wellness & Safety Team or email healthpeihr@ihis.org.

Safety Talks can be found on the Staff Resource Centre at: <https://src.healthpei.ca/safety-talks>